



**Edith Nourse Rogers Memorial Veterans Hospital  
(Bedford VAMC)  
200 Springs Road  
Bedford, MA 01730  
781-687-2000  
1-800-VETMED1 (800-838-6331)**

## **Health Promotion Disease Prevention Resources for Veterans**



**VA**  
HEALTH  
CARE

Defining  
**EXCELLENCE**  
in the 21st Century

## Health and Wellness Resources

### Introduction

The Veterans Health Administration is committed to helping Veterans choose healthy behaviors to improve and maintain their health. Nine “healthy living” messages have been identified to guide Veterans in their health improvement efforts. The messages focus on key prevention areas:

- Be Involved in Your Health Care
- Be Tobacco Free
- Eat Wisely
- Be Physically Active
- Strive for healthy Weight
- Limit Alcohol
- Get Recommended Screening Tests and Immunizations
- Manage Stress
- Be Safe

Community resources exist to help Veterans make healthy lifestyle choices. This resource guide is intended to provide information about some of the resources available at the Edith Nourse Rogers Memorial Veterans Hospital (Bedford VAMC) and in the local and national community. This guide was developed by the Bedford VAMC health promotion disease prevention program committee and will be updated periodically.

**Disclaimer:** This is not an all inclusive list of all community health resources. There are no endorsements from the VA for these community resources.

### Bedford VAMC Resources

	BE INVOLVED IN YOUR HEALTH CARE	
<b>Health Promotion Disease Prevention Program</b>  781-687-2342 or 781-687-2602  Helping Veterans establish or maintain healthy behaviors.  <b><a href="http://www.prevention.va.gov">www.prevention.va.gov</a></b>	Health Promotion Disease Prevention services focus around nine Healthy Living Messages, integrated into clinical care delivery. <ul style="list-style-type: none"><li>• Be Involved in Your Health Care</li><li>• Be Tobacco Free</li><li>• Eat Wisely</li><li>• Be Physically Active</li><li>• Strive for a Healthy Weight</li><li>• Limit Alcohol</li><li>• Get Recommended Screening Tests and Immunizations</li><li>• Manage Stress</li><li>• Be Safe</li></ul>	<b>Individual counseling by the Veteran’s Health Care Team.</b>

<p><b>Inpatient Short Stay Programs</b></p>	<p><b>Geriatric, Evaluation &amp; Management (GEM)</b></p> <p>The goal of this nationally recognized 31 day rehabilitation/restorative program is to facilitate the Veteran's ability to remain in the community. Our highly trained rehabilitation team works to develop a treatment plan customized to each Veteran's abilities, needs and goals.</p> <p><b>Skilled Nursing Care</b></p> <p>We provide up to 90 days of 24 hour nursing, medical care, and assistance.</p> <p><b>Rehabilitation</b></p> <p>Our short stay inpatient rehabilitation program is specifically designed to help Veteran's return to living an independent and active lifestyle as quickly as possible.</p> <p><b>To learn more GEM &amp; Skilled programs contact: 781-687-2732</b></p> <p><b>Respite</b></p> <p>The goal of short term respite is to give family caregivers temporary relief from the routine daily care of their chronically ill or disabled Veteran at home. A planned respite admission begins on Thursday and may be from one to two weeks depending on the care giver need. <b>Respite is not available on an emergency basis.</b></p> <p><b>To learn more about Respite program contact: 781-687-2700</b></p>	<p><b>Bedford VAMC</b></p>
<p><b>My HealtheVet</b>  <a href="http://www.myhealth.va.gov">www.myhealth.va.gov</a>  <b>781-687-2981</b></p>	<p><b>About My HealtheVet</b></p> <p>My HealtheVet is VA's award-winning online Personal Health Record (PHR), located at <a href="http://www.myhealth.va.gov">www.myhealth.va.gov</a>. It offers users anywhere, anytime access to health care information, resources and tools online 24/7. To get the most out of your My HealtheVet Personal Health Record, visit your local VA facility to get an upgraded account, known as In-Person Authentication (IPA).</p> <p><b>My HealtheVet Mission</b></p> <p>The mission of My HealtheVet is to improve health care for all Veterans, independent of where you receive care. My HealtheVet provides one-stop, online access to better manage your overall health, make informed health decisions, and record and store important health and military history information.</p>	<p><b>Bedford VAMC</b></p>

	<b>My HealtheVet Features at a Glance:</b> <ul style="list-style-type: none"> <li>• VA Prescription Refills</li> <li>• Healthy Living Centers</li> <li>• VA Wellness Reminders*</li> <li>• VA Benefits &amp; Services</li> <li>• VA Appointments*</li> <li>• Personal Health History</li> <li>• Secure Messaging*</li> <li>• Tracking &amp; Graphing Vitals</li> <li>• VA Allergies and Adverse Reactions*</li> <li>• Military Health History</li> <li>• VA Chemistry/Hematology</li> <li>• Activity &amp; Food Journals</li> <li>• VA Blue Button</li> <li>• Veterans Health Library</li> </ul> <p><i>* Requires In-Person Authentication (IPA)</i></p>	<b>Bedford VAMC</b>
<b>New Patient Orientation</b> 781-687-2418	For Veterans new to the VA health care system. Every Wednesday 10:00 a.m. – 12:00 pm Building 78, third floor classroom	<b>Bedford VAMC</b>
<b>Pain Self-Management</b> Primary Care Behavioral Health: 781-603-2984	<b>Pain School</b> 5 session class held on Friday 10am -12pm. Class provides education and pain self-management skills from interdisciplinary team on topics such as whole-person approach, sleep, medications, nutrition, rehabilitative approaches, behavioral strategies. Send a consult to Primary Care Pain Management for intake to be scheduled.	<b>Bedford VAMC</b>
<b>Peer Services</b> 781-687-3017	Peer Services at Bedford VAMC are specifically designed to offer hope for recovery and role models for successful management of mental and chronic health issues. Peer Providers are Veterans with histories of persistent health issues who are actively engaged in their own recovery and wellness. They are trained to use their lived experience with recovery and the VA system to help other Veterans with similar health issues identify and achieve meaningful life roles.  Individual or group activities are coordinated with and compliment other Bedford VA services. Peer services exist in inpatient programs, outpatient programs and the Primary Care Behavioral Health Clinic. Call for more information.	<b>Bedford VAMC</b>

<p><b>Polytrauma, and Traumatic Brain Injury (TBI) Support Clinic</b></p> <p>Coordinator: 781-687-2705</p> <p>Director of Rehabilitation Services: 781-687-3053</p>	<p><b>Polytrauma and TBI Support Clinic</b></p> <p>Veterans and healthcare professionals are encouraged to contact the Polytrauma and TBI Support Clinic team to discuss potential referrals of any OEF/OIF/OND combat and active-duty service injured Veterans.</p> <p>Healthcare professionals may send an electronic consult to the Polytrauma and TBI Support Clinic team for evaluation.</p>	<p><b>Bedford VAMC</b></p>
<p><b>Preventive Amputation for Veterans Everywhere (PAVE) Clinic</b></p> <p>781-687-2348</p> <p>Best time to call is after 4:30pm. All calls will be returned.</p>	<p>The Preventive Amputation for Veterans Everywhere Clinic provides foot screenings for individuals with high risk feet, such as those with diabetes. Treatments and referrals are individualized.</p> <p>Thursday 10am -11am</p> <p>A consult from a primary care provider is required for the first visit.</p>	<p><b>Bedford VAMC</b></p>
<p><b>Substance Abuse Treatment</b></p> <p>Detoxification/Intensive Day Treatment Program/Rogers House- Request screening: 781-687-2354</p> <p>Aftercare/Outpatient, relapse prevention and Over 50 Substance Use/Abuse Program- Request screening: 781-687-2580</p>	<p><b>Veterans Mental Health and Addiction Program (VMHAP)</b></p> <p>The Veterans Mental Health and Addiction Program believes that the disease of addiction is chronic, progressive and treatable. We believe that the recovery program begins with abstinence. Veterans with Mental Health may recover through increasing awareness, knowledge and skill building. A therapeutic environment strengthens the recovery process as well as your commitment to recovery.</p> <p><b>Intensive Day Treatment Program</b>-offers a comprehensive and integrated rehabilitation to Veterans seeking recovery from mental illness and substance use disorder for both males and females. This program will utilize state of the art, evidence based therapeutic modalities to help Veterans build skills to achieve identified treatment goals and facilitate community integration.</p> <p><b>Aftercare</b>- provides individual counseling and group work to clients who have completed the Substance Abuse focus Intensive Day Program or other substance abuse program.</p> <p><b>Rogers House</b> – provides temporary housing up to 14 days to clients who are homeless and need a safe environment while engaging in the Intensive Day Program.</p>	<p><b>Bedford VAMC</b></p>

<p><b>Compulsive Gambling</b></p>	<p><b>Recovery Management Track</b> – An eight week series of groups tailored to the client who wants to learn how to stop the pattern of relapse.</p> <p><b>Services</b></p> <ul style="list-style-type: none"> <li>-Group and individual treatment and education</li> <li>-Family counseling and education</li> <li>-Self- help groups are advocated</li> <li>-Referrals and healthcare needs for female Veterans</li> <li>-Referrals as necessary for other needs</li> </ul> <p><b>Compulsive Gambling Education Group</b> – Available for Veterans in Aftercare</p>	<p><b>Bedford VAMC</b></p>
<p><b>Veterans Community Care Center (VCCC)</b>  <b>Psychosocial Rehabilitation and Recovery Center (PRRC)</b></p> <p><b>978-671-9115</b></p>	<p>Located in Lowell, this day program provides a supportive and therapeutic learning environment designed to help Veterans in their journey of mental health recovery. Veterans may select from a variety of services, including educational and recreational groups and community integration activities, in order to develop skills, supports, and wellness recovery strategies.</p> <ul style="list-style-type: none"> <li>- A referral from a health care provider is required.</li> </ul>	<p><b>VA Lowell CBOC</b></p>
<p><b>Visual Impairment Service Team (VIST)</b></p> <p>Coordinator: 781-687-2705</p>	<p>The Visual Impairment Service Team Program helps legally blind and severely visually impaired Veterans and their families adjust to vision loss. The program objectives are to identify and inform eligible Veterans about services and benefits; to ensure that health care and rehabilitation services are made available; and to help Veterans cope with the devastating loss of vision.</p> <p>Referrals may be made to the VIST program by any professional, individual, family member, Veteran, or community agency representative.</p> <p><a href="http://www1.va.gov/blindrehab">www1.va.gov/blindrehab</a></p>	<p><b>Bedford VAMC</b></p>
<p><b>Women Veterans Program</b></p> <p>781-687-3021</p>	<p>Call the Women Veteran Program Manager for assistance and how to enroll in the following programs:</p> <p>Health promotion and disease prevention in primary care, immunizations: Flu Vaccine, Pneumovax, HPV series, women’s gender-specific health care, e.g., hormone replacement therapy, contraception, breast and gynecological care, pap smear, Colposcopy, Leep, Bladder related issues, maternity and limited infertility (excluding In-vitro fertilization), acute medical/surgical care, telehealth, telephone Triage, emergency and</p>	<p><b>Bedford VAMC</b></p>

	substance abuse treatment, mental health, Intimate Partner Violence Counseling, Military Sexual Trauma Counseling, homebound, rehabilitation, Domiciliary Program for homeless or at risk for homelessness and long-term care.	
	<b>BE TOBACCO FREE</b>	
<b>Smoking Cessation Program</b> <b>781-687-2250 or 781-687-3317</b>	<p><b><u>OUTPATIENT SERVICES</u></b></p> <p><b>Smoking Cessation Program Services (Megan Kelly, Ph.D.; 781-687-2250 or 781-687-3317)</b></p> <ul style="list-style-type: none"> <li>- Smoking Cessation Group, Mondays, 1:00-2:00 in Building 78, Room 311</li> <li>- Individual Counseling</li> <li>- Telephone Counseling</li> <li>- Medication Coordination</li> </ul> <p><b>TeleSmoking Cessation Services at the Haverhill and Lynn CBOCs (Megan Kelly, Ph.D.)</b></p> <ul style="list-style-type: none"> <li>- Individual counseling and a smoking cessation group at 10 am every Thursday</li> <li>- Please specify in your consult that the veteran requests smoking cessation services in Haverhill or Lynn</li> </ul> <p><b>Smoking Cessation Services at the VCCC (Diane Clinton, APRN)</b></p> <ul style="list-style-type: none"> <li>- Smoking Cessation Group and medication coordination</li> <li>- Contact Diane Clinton, APRN</li> </ul> <p><b>Smoking Cessation Services in the Mental Health Intensive Case Management Program (Megan Kelly, Ph.D., Kevin Henze, Ph.D.)</b></p> <ul style="list-style-type: none"> <li>- Smoking Cessation Group for Veterans with Serious Mental Illness</li> <li>- Tuesdays, 9:30-10:15 am in Building 6, 1<sup>st</sup> Floor conference room</li> </ul> <p><b><u>RESIDENTIAL AND INPATIENT SERVICES</u></b></p> <p><b>Tobacco Cessation Services in 78G (Megan Kelly, Ph.D.)</b></p> <ul style="list-style-type: none"> <li>- Tobacco Cessation Group, Wednesdays, 2-3 pm</li> <li>- Individual consultation and tobacco cessation counseling</li> </ul>	<b>Bedford VAMC</b>

	<p><b>Smoking Cessation Services in the Veterans Center for Addictions Treatment (Megan Kelly, Ph.D.)</b></p> <ul style="list-style-type: none"> <li>- Individual and group counseling with medication coordination for smoking cessation</li> <li>- Psychoeducation on Tobacco Use Group every 4<sup>th</sup> week for all Veterans in the Intensive Day Treatment Program (IDTP)</li> <li>- Individual and group counseling services for Veterans in Aftercare</li> </ul> <p><b>Psychoeducation on Tobacco Use Group in the Domiciliary (Megan Kelly, Ph.D.)</b></p> <ul style="list-style-type: none"> <li>- Wednesdays, 1-2 pm for all Phase 1 residents</li> </ul> <p><b>Peer-Involved Tobacco Cessation Group (for IDTP, Rogers House, Domiciliary, Community Stabilization Program, Crescent House)</b></p> <ul style="list-style-type: none"> <li>- Wednesdays, 4-5 pm in Building 2, Room 245</li> </ul> <p><b>Smoking Cessation Services in the Community Living Center (Lisa Bloom-Charette, Ph.D.)</b></p> <ul style="list-style-type: none"> <li>- CLC Smoking Cessation Group</li> <li>- Wednesdays, 10 am in the Building 4 First Floor Family Room</li> </ul> <p><b>For Veterans' services, please place a consult to SMOKING CESSATION or TELEMENTAL HEALTH – SMOKING CESSATION (Haverhill and Lynn CBOCs)</b></p> <p><b><u>EMPLOYEE SMOKING CESSATION SERVICES</u></b></p> <p><b>Smoking Cessation Services through the Employee Assistance Program (Margaret Macy, APRN and Megan Kelly, Ph.D.)</b></p> <ul style="list-style-type: none"> <li>- Brief smoking cessation counseling and free nicotine replacement therapy for employees</li> <li>- Contact Maggie Macy, APRN at 781-687-3208 or Megan Kelly, Ph.D. at 781-687-3317</li> </ul>	<b>Bedford VAMC</b>
	<b>EAT WISELY</b>	
<b>Healthy Eating</b> Nutrition Services: 781-687-2685	<p>Referral by Physician, NP</p> <p>A team of Registered/Licensed Dietitians is available to provide individual nutrition counseling.</p>	<b>Bedford VAMC and Community Based Outpatient Clinics</b>





	<b>STRIVE FOR A HEALTHY WEIGHT</b>	
<b>MOVE! Weight Management Program</b> 781-687-2342  TeleMOVE: 781-687-3363 <a href="http://www.move.va.gov">www.move.va.gov</a>	<b>MOVE! weight management program features:</b> <ul style="list-style-type: none"> <li>• Focus on health and wellness through healthy eating, physical activity, and behavior change.</li> <li>• Support to help you reach your initial goals and ongoing maintenance</li> <li>• Lifetime and lifestyle focus</li> </ul> <b>Ready to get started?</b> <ul style="list-style-type: none"> <li>• Ask your primary care team to refer you to MOVE!</li> <li>• You will be scheduled to attend an orientation session to learn about the participation options including group classes, individual Nutrition and Behavioral Health Psychology appointments, and a home based, self-management TeleMOVE! Program.</li> </ul>	<b>Bedford VAMC</b>
	<b>GET RECOMMENDED SCREENING TESTS AND IMMUNIZATIONS</b>	
<b>Immunizations</b>	No formal education program  Annual seasonal flu clinics.	<b>Information available in clinic areas, displayed during flu season.</b>
<b>Screening Tests</b>	No formal education program	<b>Individual screening counseling by providers in all primary care clinics.</b>
	<b>MANAGE STRESS</b>	
<b>Managing Stress</b>  Mental Health Service: 781-687-2347	<b>Mental Health Clinic</b>  Clinic services include: Mental Health Evaluations and Psychological Testing; Individual, Group, Couples, and Family Therapy; Medication Therapy; Grief and Loss Therapy; Gambling Assessment; Insomnia Evaluation; and PTSD (Post Traumatic Stress Disorder) Counseling.  Refer to Mental Health Service Line information on the Bedford VAMC intranet and Internet websites. ( <a href="http://vaww.visn1.va.gov/intranet/Bedford">http://vaww.visn1.va.gov/intranet/Bedford</a> ) ( <a href="http://www.bedford.va.gov">http://www.bedford.va.gov</a> )	<b>Bedford VAMC</b>

<b>Managing Stress</b> Primary Care Behavioral Health: 781-687-2420	<b>Mindfulness Based Stress Reduction</b> Group and individual treatment for stress reduction using relaxation training and mindfulness-based approaches with biofeedback. Consults may be sent to primary care behavioral health specifying mindfulness stress reduction individual or group sessions.	<b>Bedford VAMC</b>
	<b>BE SAFE</b>	
<b>Healthy Relationships</b>  <u><b>The Safing Center:</b></u> 781-687-2854 or 781-687-2948	<b>The Safing Center</b> is an outpatient clinic that provides a holistic, recovery- oriented, Veteran-centered approach to helping Veterans establish and maintain safety in their relationships. The military term, "safing," means transitioning from combat readiness to a safe condition and signifies our commitment to helping Veterans establish safety in their relationships.  We can: <ul style="list-style-type: none"> <li>• Connect you with resources for you and your partner/family, including peer supports</li> <li>• Help you manage stress and communicate in more positive and effective ways</li> <li>• Provide individual, couple and/or family therapy</li> </ul> We are here to meet with you privately, listen without judgment, connect you with other needed services, and assist you and your family.	<b>Bedford VAMC</b>

**Other programs:**

- Health fairs
- Lunch and Learns sponsored by various programs
- Relevant health education displays related to National Health Observances

**National, State, Community Wellness and Health Resources**

**Disclaimer:** This is not an all- inclusive list of all national and local community resources. There are no endorsements from the VA for these community resources.

**MASSACHUSETTS RESOURCES**

**[www.mass.gov/veterans](http://www.mass.gov/veterans)**

This site provides a wealth of information regarding benefits and services, employment and training, education, housing, health and well-being, peer services and more.

**[www.mass211.org](http://www.mass211.org)**

2-1-1 is the national abbreviated dialing code for free telephone access to health and human services Information and Referral. 2-1-1 is an easy-to-remember and universally recognizable number that makes a critical connection between individuals and families seeking services or volunteer opportunities and the appropriate community-based organizations and government agencies. 2-1-1 makes it possible for people to navigate the complex and ever-growing maze of human service agencies and programs. There is a link to Veteran Services.

**Acupuncture Without Borders – Military Stress Recovery (Veterans) Project**

Website: [www.acuwithoutborders.org](http://www.acuwithoutborders.org)

**Veterans Acupuncture Care (VAC) Boston Clinic - Member Clinic**

Veterans Benefit Clearinghouse, located at Charlestown Yoga, 191 Main St. Charlestown, MA  
For more information, call Pathways to Wellness at 617-859-3036 or 617-241-0824  
Held 3<sup>rd</sup> Saturday of each month from 2:30-4:30 p.m.

**Veterans Acupuncture Care (VAC) – Boston/North Shore**

Free community-style acupuncture for Veterans, Active Duty Military, and their families.  
Saturdays 11 a.m. - 3 p.m.  
Vittori-Rocci Post #56  
Italian American War Veterans of the United States  
143 Brimbal Ave., Beverly, MA 01915  
781-246-8588 or 978-846-0159

**Veterans Acupuncture Care (VAC) - Supporting Clinic**

St. Andrew's Church, 3 Maple Street Framingham, MA 01702  
All Veterans, active military & their families are welcome  
Saturdays 10 a.m. – 12 noon (last seating at 11:30 a.m.)  
For more information call: (508) 626-0896

**Veterans Acupuncture Care (VAC) Worcester - Member Clinic**

Dodge Park Rest Home, 101 Randolph Rd., Worcester, MA 01606  
Near the Higgins Armory. Exit 1 off of 190 or WRTA bus route 30/31.  
Enter through the rear entrance. (508) 890-8899

**Community Rowing, Inc.** is a Paralympic Sports Club providing exciting and unique rowing programs dedicated to Veterans. The Harry Parker Boathouse is a fully accessible facility that allows able-bodied and those with disabilities to enjoy a healthy physical outlet that is both healing and therapeutic. A variety of programs for all levels are offered at no cost to Veterans.  
[www.communityrowing.org](http://www.communityrowing.org)

Veterans and Adaptive Coordinator: 617-779-8277

### **Depression and Bipolar Support Alliance (DBSA)**

DBSA Merrimack Valley is a peer- based self-help support group focusing on issues surrounding bipolar and depressed individuals and their families. They are affiliated with the National Depression and Bipolar Support Alliance.

Meeting: Thursday 6 pm -7:30 pm

Lowell First Church of Nazarene

1195 Varnum Ave. Lowell, MA

Merrimack Valley:

888-280-7773

[info@dbsamerrimackvalley.org](mailto:info@dbsamerrimackvalley.org)

Nationwide:

800-862-3632

[www.dbsalliance.org](http://www.dbsalliance.org)

### **Hanscom Fitness & Sports Center**

Numerous amenities in the 50,000-square-foot facility, including an indoor running track, two gymnasiums, steam rooms, saunas, three aerobic rooms, a rock-climbing wall, a family/child workout area, group-fitness classes, a "Fitness on Request" system and much more.

The Fitness & Sports Center is open to Hanscom base ID cardholders, including active duty, reservists, DoD civilians, NAF employees, base contractors, retirees from the military or having served at least 20 years, and VA employees. For more details, call 781-225-6630/6631.

For questions about base access, call the Visitors Center at 781-225-6642.

Hanscom AFB, MA

Building 1548

180 Marrett St.

### **There & Back Again.....navigating life after war**

Executive director: Sue Lynch      phone: 617-216-4769

191 Main Street, Charlestown, MA 02129    phone: 1-800-311-0187

There & Back Again is a nonprofit organization that supports the well-being of service-members. Their mission is to provide reintegration support services to combat Veterans of all conflicts.

Website: [www.thereandback-again.org](http://www.thereandback-again.org)

### **Veterans' Laws and Benefits**

This publication is a compilation of resources regarding major state benefits in the areas of education, employment, housing, motor vehicles, property taxes, and medical assistance. Information regarding recent amendments to federal and state legislation on employment rights and federal burial benefits is also offered.

This guide provides references to appropriate agencies for information on eligibility and the application process as well as the responsibilities of local veterans' agents who assist veterans with referral and emergency assistance.

1-800-392-6090 (in MA only)    [www.sec.state.ma.us/cis/cisvet/vetidx.htm](http://www.sec.state.ma.us/cis/cisvet/vetidx.htm)

### **YMCA of Greater Boston**

### **Welcome Home Program**

The program is open to all Veterans who have served since 9/11/01, who have service-related injuries, who would benefit from the type of exercise programs that can be provided at any of the 13 facility locations of the YMCA of Greater Boston. YMCAs are located throughout the city and in four suburban locations.

The program includes a full year of membership, free of charge, with funding provided by the Charlestown YMCA of the YMCA of Greater Boston. Participants must apply to the Charlestown YMCA regardless of which YMCA they wish to join.

**Website:** [www.ymcaboston.org](http://www.ymcaboston.org)

General information: 617-927-8040

**Local Community Hospitals and Senior Centers** are a great resource for community resources, activities, and education.

## **NATIONAL RESOURCES**

**Disclaimer:** This is not an all-inclusive list of all national and local community resources. There are no endorsements from the VA for these community resources.

**AARP:** a nonprofit, nonpartisan organization that helps people 50 and over improve the quality of their lives.

Website: [www.aarp.org](http://www.aarp.org)

Phone: 888-OUR-AARP (888-687-2277)

**Academy of Nutrition and Dietetics:** A source for trustworthy, science-based food and nutrition information.

Website: [www.eatright.org](http://www.eatright.org)

Phone: 1-800-877-1600

**ACE:** American Council on Exercise, America's authority on exercise.

The American Council on Exercise (ACE) is honored to support Joining Forces, a national initiative that gives back to our service members and their families. We are committed to provide 1 million fitness service hours to activated reservists and National Guard members and their immediate families.

Website: [www.acefitness.org](http://www.acefitness.org)

Phone: 1-888-825-3636

**American Cancer Society:** A national non-profit organization dedicated to eliminating cancer as a major public health problem through education and advocacy to help people fight cancer.

Website: [www.cancer.org](http://www.cancer.org)

Phone: 1-800-227-2345

**American Diabetes Association:** A national non-profit providing education and advocacy for diabetes.

Website: [www.diabetes.org](http://www.diabetes.org)

Phone: 1-800-342-2383

**American Heart Association:** A national voluntary health agency whose mission is "Building healthier lives, free of cardiovascular diseases and stroke." Their website provides a wealth of information and resources for heart health.

Website: [www.heart.org](http://www.heart.org)

Phone: 1-800-242-8721

**American Lung Association:** Resources and educational information to improve lung health.  
Website: [www.lungusa.org](http://www.lungusa.org) Phone: 202-785-3355

**Catch A Lift ("CAL")** is a non-profit organization that assists wounded service members from the Iraq and Afghanistan wars with starting their healing process and maintaining their mental and physical health through physical fitness. CAL provides gifted gym memberships or in-home gym equipment to wounded post 9-11 Veterans anywhere in the United States.

Website: [www.catchaliftfund.com](http://www.catchaliftfund.com) Phone: 1-855-GYM4VET

**Centers for Disease Control and Prevention:** Provides information and tools for people and communities to protect their health – through health promotion, prevention of disease, injury and disability, and preparedness for new health threats.

Website: [www.cdc.org](http://www.cdc.org) Phone: 1-800-232-4636

**Department of Agriculture:** The Center for Nutrition Policy and Promotion, an organization of the U.S. Department of Agriculture, was established to improve the nutrition and well-being of Americans.

Website: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) Phone: 1-888-779-7264

**Easter Seals:** Provides services, education, outreach, and advocacy so that people living with autism and other disabilities can live, learn, work and play in our communities. They also have a Veterans Count program.

Website: [www.easterseals.com](http://www.easterseals.com) Phone: 1-800-221-6827

**Military One Source:**

\*\*\*For Immediate Help 24/7 CALL: 1-800-342-9647

\*\*\*National Suicide Prevention Hotline: 1-800-273-8255

Education, relocation, parenting, stress - you name it - Military OneSource is here to help you with just about any need. Available by phone or online, our free service is provided by the Department of Defense for active-duty, Guard, and Reserve service members and their families. The service is completely private and confidential, with few exceptions. Website: [www.militaryonesource.com](http://www.militaryonesource.com)

**Moving Forward** is a free, on-line education and life coaching program that teaches problem solving skills to Veterans, Service Members and their families. This evidence-based program uses interactive exercises and video demonstrations to teach skills for overcoming life challenges such as relationship problems, financial hardship, and re-adjustment issues.

[www.StartMovingForward.org](http://www.StartMovingForward.org)

**National Coalition for Promoting Physical Activity:** A collection of organizations and individuals dedicated to developing a plan that will empower all Americans to be physically active every day.

Website: [www.ncppa.org](http://www.ncppa.org) Phone: 202-454-7521

**National Alliance on Mental Illness:** America's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness.

Website: [www.nami.org](http://www.nami.org)

Phone: 1-800-950-6264

**National Institute of Health:** NIH is the nation's medical research agency—supporting scientific studies that turn discovery into health.

Website: [www.nih.gov](http://www.nih.gov)

Phone: 301-496-4000

**NIH Senior Health** – Provides a toolkit for senior health issues.

Website: [www.nihseniorhealth.org](http://www.nihseniorhealth.org)

### **Outward Bound for Veterans**

This is an opportunity for adventure and self-discovery for our Veterans of combat operations in Afghanistan (Operation Enduring Freedom) and Iraq (Operation Iraqi Freedom).

Programs offer numerous wilderness adventures exclusively for war Veterans. Goals include helping participating Veterans build a supportive community with other war Veterans; facilitating discussions on readjustment and transition challenges; and re-energizing and reinvigorating spirits with adventures and challenges in the beautiful outdoors.

Website: [www.outwardbound.org](http://www.outwardbound.org)

**SmallStep.gov:** A U.S. Department of Health and Human Services site that offers information in English and Spanish to help get you started to a healthier you. Resources include the activity tracker, recipes and newsletter. Play games and test your brain. Find great daily healthy tips.

Website: [www.smallstep.gov](http://www.smallstep.gov)

### **Team RWB**

Our mission is to enrich the lives of America's Veterans by connecting them to their community through physical and social activity. Our chapters establish local programs that provide consistent opportunities for Veterans to meet other veterans and members of their community through activities like running, cycling, CrossFit, picnics, and ball games.

[www.teamrwb.org](http://www.teamrwb.org)

**The Alliance for a Healthier Generation:** A partnership between the American Heart Association and the William J. Clinton Foundation to fight childhood obesity. Parents, teachers, companies, healthcare professionals, teens and kids all have a part to play in the movement.

Website: [www.healthiergeneration.org](http://www.healthiergeneration.org)

**U.S. Department of Health & Human Services:** The HealthierUS initiative is a national effort to improve people's lives, prevent and reduce the costs of disease, and promote community health and wellness. Deciding to live a healthier life is easy; it's the follow-through that's hard. . On HealthierUS.gov you will learn how to: Make physical activity a part of your day, eat more healthy foods, protect yourself and your family from illness, and avoid risks to your health and the health of your loved ones. Bad habits are not easily broken. Good ones are not easily won. But you can do it!

Website: [www.healthierus.gov](http://www.healthierus.gov)

Write to: **healthfinder.gov** at P.O. Box 1133, Washington, DC 20013-1133



### **U.S. Department of Veterans Affairs: Guide to Long Term Care**

Geriatrics and Extended Care VA web page: Guide to Long Term Care provides information on the full range of long term care services, particularly home and community based services. This is an on-line tool and there are worksheets available for Veterans and caregivers to assist in identifying long term care needs.

Website: [www.va.gov](http://www.va.gov)

### **U.S. Department of Veterans Affairs: eKidney Clinic**

Learn how to take care of your kidneys and make choices that will help you feel your best.

<http://ckd.vacloud.us>

### **Veterans Crisis Line**

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.

**1-800-273-8255 and Press 1**

Chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

### **Veterans toll free telephone smoking quitline**

Speak with a counselor and get:

- Individualized counseling
- Help developing a quit plan
- Strategies to prevent relapse
- Follow-up calls to help you stay quit

**1-855-QUITVET**

1-855-784-8838

### **Veterans mobile text messaging smoking cessation service**

#### **SmokefreeVET**

24/7 encouragement, advice, and tips to help you stop smoking for good

To sign up: text the word VET to 47848 from your mobile phone OR

Visit [www.smokefree.gov/VET](http://www.smokefree.gov/VET)

You don't need to sign up to get support! Text URGE, STRESS, or SMOKED anytime to 47848 for support. If you pay for individual texts, this program may not be for you. Standard messaging rates apply.

### **Women Veterans Hotline**

The hotline is an incoming call center to receive and respond to questions from Veterans, their families and caregivers, about the many VA services and resources available to women Veterans. Hotline staff can also answer urgent questions and provide referrals to homeless and mental health services as well as provide Vet center information.

**1-855-VA-WOMEN**

**1-855-829-6636**

**Wounded Warrior Project**

Programs uniquely structured to nurture the mind and body, and encourage economic empowerment and engagement. Under each of these program areas, Wounded Warrior Project™ (WWP) offers a variety of programs to meet a range of needs.

All WWP programs are free. To participate one must have incurred service-connected wounds, injuries, or illnesses on or after September 11, 2001. Verification of service is required.

[www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)

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